

**Classes available
September 7th -
December 18th**



annapolis

recreation & parks

Healthy Living Starts Here.

**Not a member?
Purchase a Fitness
Class Pass and attend
any/all of the
Primary Classes!**

Primary Fitness Classes included in your membership!

Monday

Express Indoor Cycling

6:15 - 7 am, Cycle Studio

Wake up and get moving, our doors open early! Others will still be hitting the snooze button while you're hitting the hill climbs, jumps, and interval tracks during this energizing 45 minutes of cardio-fun. Please bring a small towel to class.

Balance Class *Age 55+*

10:15 - 11:30 am, Exercise B

For many older adults, loss of balance and fear of falling are major concerns. Practice easy-to-learn body positions and movements to help you develop and maintain better balance. Exercises also help you build bone density for osteoporosis prevention. Instructor: Kay Musial, Certified Fitness Instructor for Older Adults.

Abs & Back Express

5:30 - 6 pm, Exercise B

Forget doing endless crunches on your own - workout with others! Have fun and work over your entire mid-section - abs, obliques, hips, glutes, and the all important low back muscles.

Cardio-Body Sculpt

6:15 - 7:15 pm, Exercise B

Warm-up with some cardio-aerobics, add in the pulse-pounding strength training sets, add a generous helping of abdominal & core work, and top it off with a well-earned recovery stretch. The perfect recipe for a fantastic workout!

Tuesday

Pilates Express

8:30 - 9:15 am, Exercise A

Mat workout using the basic principles of concentration, control, precision, centering and breathing. Strengthen abdominal muscles and back plus increase flexibility. Please bring yoga mat or towel to class. Instructor: Cheryl Mauck

Yoga for the Older Adult

Age 55+ **9 - 10 am, Exercise B**

Research has found that continued yoga practice can help alleviate or reduce many of the health challenges we face as we age. The instructor will modify poses to accommodate each participant's fitness level, health conditions and other concerns.

Work Your Core

6 - 7 pm, Exercise A

Want to tone and flatten your stomach? Suffer from low back pain? Join us for abdominal and core specific movement and exercise. Hand weights, stability balls, exercubes and more provide you with a challenging, yet low-impact workout.

Group Cycle Extravaganza

6:30 - 7:30 pm, Cycle Studio

Pedal through hill climbs, sprints, chases, and many other exciting drills for a great cardiovascular workout! The variety will offer something for everyone and will challenge you like no other. Please bring a small towel to class.

Wednesday

Sit & Fit *Age 55+*

10 - 11 am, Exercise B

All levels and abilities will improve their fitness level with cardio, balance, flexibility and core strengthening. The majority of activity is non-weight bearing - performed while seated in a stable chair - and is great for those with musculoskeletal or joint issues. Also focuses on therapeutic exercises that make everyday activities easier to perform.

Total Body Conditioning

6 - 7 pm, Exercise B

Strengthen and train your whole body! Develop strength, endurance and muscle tone in all major muscle groups of the upper and lower body, including abdominal training. Feel the burn in this class!

Yoga - For Stress Relief

7 - 8 pm, Exercise B

Too much stress? Have trouble sleeping? Tight or tense in the neck, back and shoulders? Join our therapeutic, gentle yoga class that will calm your nerves, restore your peace, and bring you back into balance.

Thursday

Group Cycle Extravaganza

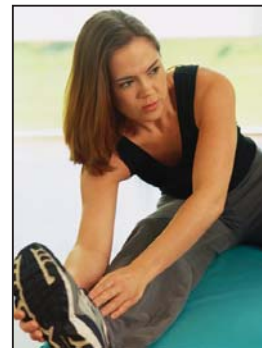
6:30 - 7:30 pm, Cycle Studio

Pedal through hill climbs, sprints, chases, and many other exciting drills for a great cardiovascular workout! The variety will offer something for everyone and will challenge you like no other. Please bring a small towel to class.

Pilates - Mat

7 - 8 pm, Exercise A

Pilates provides a balanced, full-body workout. You will strengthen the "core" - lower back muscles, the abdomen, and the gluteus - to support your body's natural architecture and balance.



Friday

Vinyasa Yoga

9 - 10 am, Exercise B

Enjoy an exploration of classic yoga poses to stretch and strengthen. Focus on elongation, rejuvenation and relaxation. Perfect for stress reduction and overall well-being. A moderate-paced class for beginners and continuing students.

Saturday

Cardio Dance Mix

10:30 - 11:30 am, Exercise B

A one-of-a-kind cardiovascular workout filled with fast and slow dance intervals, and exciting dance moves! Modeled after the popular Zumba fitness program, this class is sure to get you moving!



Fitness Class Pass This class pass enables **Program Members** to take unlimited Primary Fitness Classes during the fall session. Fitness Class pass holders must sign-in for each class. This pass is good for Primary Fitness Classes only; does not include specialized classes. Non-refundable and non-transferable. Residents \$119 / Non-Residents \$149

Drop-In Fee Not a member? Drop into a **Primary Fitness Class** and give it a try! Fee also includes guest admission to PMRC for the visit. Drop in class fees are non-refundable and non-transferable. Residents \$15 / Non-Residents \$19

**www.annapolis.gov/recreation
410.263.7958**

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